

# Why Breakfast?

## Smart Reasons To Eat Breakfast ...

**Fuels the body with nutrients.** Your child may not make up nutrients missed at breakfast. You may not either.

**Provides food energy for the morning's active play.**

**Gets your child ready to learn** – at home, school, or day care. Kids learn better if they eat breakfast. If you eat breakfast, you may get more done in the morning, too.

**Helps keep a healthy body weight.** Breakfast helps control the urge to nibble or eat too big a lunch. Even with breakfast, young kids may need a small morning snack.

**Helps kids feel good.** Children may get morning tummy aches if they miss breakfast. These aches are usually hunger pangs.

**Tastes good!** Offer foods your child and family enjoy – even if they aren't common for breakfast.



## Smart Ways To Make Breakfast Successful!

Eat breakfast yourself. “Showing” teaches more than simply “telling.” Your child will follow what you do.

### Manage your early morning time.

- **Start making breakfast the night before.** You might mix the juice, slice fruit, or make hard-cooked eggs.
- **Go to bed earlier,** so you get up earlier.
- **Stock your kitchen** with quick-to-fix breakfast foods.

### Consider your child's needs.

- **Offer two or three food choices.** That helps your child feel in control of breakfast eating.
- **Give your child time to wake up.** Many kids aren't hungry right away. Rushing puts pressure on breakfast eating. Wake up earlier.
- **Ask your child to help with breakfast** – on a morning when you're not rushing. It can be a nice way to start your child's day. Yours, too!



Provided by \_\_\_\_\_

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## Easy Ideas for Quick, Yummy Breakfasts!

If you don't have much time to make breakfast, try these easy ideas. Talk with your family. Add their ideas, too.

- Ready-to-eat cereal with milk and fruit

- Peanut butter on whole wheat toast

- Bagel with cheese

- Reheated rice, hard-cooked egg

- Grits topped with cheese

- Oatmeal with applesauce

- Pita bread and yogurt



- Toasted waffle topped with sliced fruit

- Rice and beans, with fruit

- Chicken noodle soup and fruit



- Your family's ideas:

**Drink milk, juice, or both  
with these easy breakfast foods!**